

ABSTRACT OF THE DISCLOSURE

An eccentricity correction data recording method, a disk-shaped recording medium, a head position control method and an information recording and reproducing apparatus are disclosed for effective eccentricity correction on cylinders of a disk-shaped recording medium. The eccentricity correction data recording method is for position control over a recording and reproducing head on a disk-shaped recording medium having at least one user data recording area to record user data, the method including the step of recording the eccentricity correction data in a user data recording area.